

# Health Issues in Construction

## 1 Who Should Attend . . .

This workshop is a must for anyone concerned about health and safety on the job including:

- ▶ Managers concerned about liability and workers' compensation costs.
- ▶ Employees who want to learn proper techniques for protecting their safety and health at work.
- ▶ Business owners who want to learn about compliance with Michigan Occupational Safety and Health Administration (MIOSHA).

## 2 MIOSHA Training Institute

MIOSHA Consultation Education and Training (CET) Division and Macomb Community College (MCC) have developed the MIOSHA Training Institute (MTI) through a formal alliance. The MIOSHA Training Institute introduced a new certification program, effective October 1, 2007. This course is an MTI Level 1 course. The certification program offers participants an opportunity to be recognized for their educational efforts and increased technical expertise. Courses will be offered throughout the state in sponsorship with other M-TEC<sup>SM</sup> facilities, community colleges, and safety and health organizations. To learn more about the certification program, log-on to the CET Division website at [www.michigan.gov/mti](http://www.michigan.gov/mti).

## 3 What You'll Learn . . .

This course will help educate and make the construction manager/worker aware of some typical occupational health hazards and potential health effects that are associated with the construction trade industry. This workshop is designed to give the student an overview of health issues that may be encountered in the construction industry. Topics covered include lead, silica, cadmium, and asbestos (two-hour awareness certification). Students will be able to recognize potential problems with exposures and how to protect themselves with the use of engineering controls and personal protective equipment.

- |                                           |                   |
|-------------------------------------------|-------------------|
| ▶ Industrial Hygiene Principles           | ▶ Silica          |
| ▶ MIOSHA Inspection and Citation Protocol | ▶ Carbon Monoxide |
| ▶ Asbestos                                | ▶ Isocyanates     |
| ▶ Lead                                    | ▶ Chromium VI     |
| ▶ Cadmium                                 | ▶ Noise           |

The meeting site and parking is accessible. Individuals attending the meeting are requested to refrain from using heavily scented personal care products, in order to enhance accessibility for everyone. People with disabilities requiring additional services (such as materials in alternative format) in order to participate in the meeting should call 517.322.1809. The Department of Labor & Economic Growth is an equal opportunity employer/program.

[www.michigan.gov/dleg](http://www.michigan.gov/dleg)

# Facilitator

Cindy L. Zastrow was appointed to the MIOSHA Consultation Education and Training Division in 2004 as an Industrial Hygienist, bringing with her over 11 years of experience in safety, health, and emergency services. Based near Saginaw, Cindy provides industrial hygiene services for the northern part of Michigan as well as the Upper Peninsula.

Cindy has her B.S. and B.F.A. degrees from Central Michigan University, and her M.S. degree in Forensic Toxicology from the University of Florida. She is also a certified Firefighter I and II, licensed EMT, HAZMAT Technician, NFPA Fire Inspector I, CPR/First Aid/AED Instructor, and Medicolegal Death Investigator. Cindy is a member of the Federal DMORT-WMD team, as well as serving on the Richland Twp. Fire Department.



**Cindy Zastrow**  
*Industrial Hygienist,  
MIOSHA, CET Division*

## Program Details

DATE: February 25, 2009

TIME: Check-in - 7:30 a.m. (Eastern Time)  
Program - 8:00 a.m. to 12:00 p.m.

LOCATION: M-TEC<sup>SM</sup> at Bay College  
2000 N. 30th Street  
Escanaba, Michigan 49829

DEADLINE: Register by February 15, 2009  
Please register early!

COST: \$60 per person,  
Includes course materials.

CONTACT: Renée Lundberg, 906.789.6902 x 1535  
lundberr@baycollege.edu

Certification/Maintenance Points Available

**COSPONSOR: M-TEC<sup>SM</sup> at Bay College**

If this valuable seminar doesn't fit with your schedule or position, please pass this flyer on to a colleague.

## How to Register

### Health Issues in Construction

Complete this information for each person registering:

► **Phone:** 906.789.6902 x 1227 or  
800.221.2001 x 1227

► **Fax:** 906.789.6921

► **Email:** dittricm@baycollege.edu

► **Mail:** M-TEC at Bay College  
2001 N. Lincoln Road  
Escanaba, MI 49829  
Attn: Mary Dittrich

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Birth Date: \_\_\_\_\_ (Needed for Registration)

Print Credit Card Holder's Name: \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

VISA ☐ MC ☐ Signature: \_\_\_\_\_

Please make checks payable to: M-TEC at Bay College

All meetings are accessible and barrier free. Please contact the cosponsor or the CET Division, at least two weeks in advance, to request necessary accommodations.